

A HOW-TO GUIDE

Intermittent Fasting Demystified: A Nutritionist's Guide to Ensure your Health

including 8-day Balanced Health & Meal Plan



May Simpkin
www.maysimpkin.com

 **MAY SIMPKIN** MSc
PERSONALISED NUTRITION



Table of Contents

Chapter 1: Understanding Intermittent Fasting	05
<ul style="list-style-type: none">• The Science Behind Intermittent Fasting• Health Benefits and Potential Risks• Different Methods of Intermittent Fasting	
Chapter 2: Getting Started	13
<ul style="list-style-type: none">• Preparing Mentally and Physically• Setting Realistic Goals• Creating a Structured Plan	
Chapter 3: Tips for Success and Troubleshooting	18
<ul style="list-style-type: none">• Concerns and Hesitations• What can go wrong?	
Chapter 4: Meal Planning and Nutrition Basics	23
<ul style="list-style-type: none">• Balancing Macronutrients• Nutrient-Dense Foods to Incorporate• Foods to Limit or Avoid	
Chapter 5: Example Eating Windows	27
Chapter 6: 8-Day Meal Plan, The May Way	28
Let's Get You Started with Breakfast, Lunch & Dinner Recipes!	

WELCOME

Hello, I'm May Simpkin

Welcome to "Intermittent Fasting Demystified," your comprehensive guide to harnessing the power of intermittent fasting for better health and vitality.

As a Masters qualified UK-registered Nutritionist (mBANT) and a real woman with a busy family life, I am here to share with you a simple, no-nonsense approach when it comes to ensuring your health, as you embark on an Intermittent Fasting approach to eating, as well as meal choices backed up with my expert qualified recommendations.

I believe in easy, practical, achievable food that's tasty and works for the whole family.



I live by the advice I offer and regularly fast as a way of life.

It's an easy way to lose weight if I've over-indulged or simply to maintain my weight effortlessly day-to-day and I've never felt better as I approach in my (late) 50's!

May Simpkin

INTERMITTENT FASTING

Introduction

Why Intermittent Fasting?

The benefits of restricting calories on health and extending life span are well established. Fasting has been used for thousands of years for spiritual and health benefits. It is now one of the health buzzwords when it comes to our health.

Intermittent Fasting has gathered momentum in recent times for its potential health benefits as well as an effective approach to weight loss... 5:2 fast diet or the 16:8 are now well known.

Going for hours at a time without food is certainly more acceptable nowadays and indeed is even considered fashionable amongst some.

However, with any health trend, it is important to understand exactly how your choices affect your body and above all, ensuring you are not doing any harm.

This comprehensive ebook aims to demystify intermittent fasting while providing structured meal plans, empowering you to adopt this approach with confidence and achieve your health and wellness aspirations.

Intermittent Fasting is backed up with good scientific research and is simple to grasp. This beginner's guide will help you understand the concept, the benefits and get you started on this new way of eating.



As you embark on this transformative journey with intermittent fasting, remember that balance and consistency are key.

With the insights, guidance and meal plans, provided in this book, you'll gain the tools and knowledge needed to embrace intermittent fasting as a sustainable lifestyle choice, enhancing your overall health and well-being.

CHAPTER 1

Understanding Intermittent Fasting

Understanding how Intermittent Fasting (IF) works is key and lays the foundation for harnessing the potential benefits for you, taking into account your personal health needs, goals and circumstances.

In this chapter, I'll explain the science behind intermittent fasting (IF) and its impact on the body.



CHAPTER I

The Benefits of Intermittent Fasting

The benefits of IF extend beyond weight management.



Diabetes

Research suggests that IF can improve many health parameters, especially in pre-diabetic and insulin-resistant people, where meal timing and potential caloric restriction can avoid the need to use medication. Further findings also suggest that short-term IF may be a safe and tolerable dietary intervention for those already diagnosed with Type 2 Diabetes and may improve body weight and fasting glucose levels.



Weight Loss & Weight Management

Research suggests that IF may help with weight loss by facilitating fat burning and supporting sustainable, long-term weight management. Although dietary advice has long focused on eating regular low-fat meals, IF and its counter-intuitive approach to weight loss has attracted thousands of women and men. Fasting for weight loss is a well-kept secret in the world of nutrition and understanding how can be achieved safely and effectively is crucial.



Metabolic Activity

Research suggests that IF may support cell repair mechanisms, bolster brain health, and enhance metabolic function by promoting autophagy; a fundamental process that involves the body's natural ability to recycle and remove damaged or dysfunctional components within cells. This potentially reduces inflammation and contributes to cellular longevity.

CHAPTER 1

Risks and Considerations

Biologically, in the absence of a health condition, there is no reason why we must eat regularly.

It is safe to leave long gaps between meals and if you find that you are energised and feel good, there is no reason why you can't fast every day, provided you ensure a healthy balanced intake of nutrients and it fits with your lifestyle.

However, whilst intermittent fasting suits many people, it's crucial to acknowledge potential risks and considerations, especially for certain populations.

Individuals with underlying health conditions, pregnant or breastfeeding women, and those with a history of disordered eating should only approach intermittent fasting with caution and should consult with a healthcare practitioner before starting this way of eating.

Moreover, understanding different methods of IF, such as Alternate-Day Fasting, Time-Restricted Eating, or the 5:2 approach, enables you to choose an approach that aligns with your health goals and lifestyle.

**PLEASE NOTE:**

If you are under the care of a doctor or other health professional, it is important to consult with them before embarking on the significant changes in eating habits that Intermittent Fasting entails.

CHAPTER 1

Intermittent Fasting and Diabetes

How does IF help with Diabetes

With modern eating patterns relying on not only 3 meals a day, but often with snacks in between, it is easy to see how this fasting state is rarely achieved.

This therefore also means that insulin levels are invariably high as a result of this regular eating pattern, increasing the burden on the pancreas, which is the organ that releases insulin, as well as putting increased pressure on the insulin receptors that are bombarded with insulin throughout the day.

In time, these become fatigued, and you are at risk of Insulin Resistance and furthermore developing Type 2 Diabetes.

The food industry doesn't help!

There is huge pressure within the food and snack industry to ensure that we do not allow ourselves to go hungry, which is not necessarily advice that is aimed at improving the health of us, the consumer, but fuelled by commercial reasons!

These reasons, amongst others, have contributed to the rise in the development of Type 2 Diabetes in recent years.

Thus, IF provides a simple shift in eating patterns and can result in, not only a reduction in the number of calories consumed, which helps our "calories in vs calories out" energy balance equation, but also provides the body with a chance to recuperate and rebalance without having to focus on the digestive process.



CHAPTER 1

Intermittent Fasting and Weight Loss

How does IF impact weight loss

Weight loss tends to be the most common reason for Intermittent Fasting. Whilst we may be familiar with the notion that "not all calories are equal", it remains that caloric restriction plays a vital role in achieving weight loss and maintaining this weight loss.

- **Caloric Restriction:** By limiting the time available for eating, IF often naturally reduces overall calorie intake, leading to weight loss.
- **Enhanced Fat Burning:** During fasting periods, the body shifts to burning stored fat for energy, which can aid in fat loss.
- **Metabolic Changes:** IF may improve metabolic health by enhancing insulin sensitivity and promoting fat breakdown.
- **Hormonal Regulation:** IF affects hormones like insulin, growth hormone, and noradrenaline, which can facilitate weight loss by optimising the body's fat-burning processes.
- **Appetite Regulation:** Some people find that IF helps regulate appetite and reduces cravings, leading to better control over food intake and potentially supporting weight loss efforts.

These combined effects of reducing calorie intake, improving metabolic function, and enhancing fat burning contribute to the weight loss observed in individuals practicing intermittent fasting.



PLEASE NOTE:

The notion of "Calories In vs Calories Out" still holds true and must be considered carefully with meal choices.

If you are addictive by nature and portion control is a struggle, it is important to consider that eating huge, caloric meals whilst Intermittent Fasting will not work, if ultimately you are eating more calories than you are using up.

CHAPTER 1

Metabolic Changes During Fasting

•Hormonal Impact of Intermittent Fasting

The fasting state influences hormone levels including insulin, the hormone that regulates blood sugar, crucial for metabolism and overall health.

Glucose is the primary source of energy for the body and as such, carbohydrates like bread, pasta, rice, sugar, fruit, beans/lentils etc consumed in the diet will be converted to glucose and used for energy.

Once the body has satisfied its energy requirements, excess glucose will be converted to fat and stored in tissues, that are not completely suitable for fat storage.

When the diet is high in sugar, the body is over-burdened as it ensures the excess glucose is removed from the blood this can, in time, lead to "Insulin resistance".

Insulin resistance is a condition where cells in the body become less responsive to the effects of insulin, reducing its ability to remove excess glucose from the blood.

This can happen in two ways; either due to insufficient insulin released from the pancreas or the insulin receptors within the body have become less sensitive.

As a result, the body requires higher levels of insulin to maintain normal blood sugar levels. The lack of sufficient and effective insulin leads to elevated blood glucose levels, potentially increasing the risk of type 2 diabetes and other metabolic complications.

Insulin sensitivity improves during fasting periods, helping with better glucose regulation. In addition, as the body uses fat as a fuel during intermittent fasting, the need to store fat will reduce, allowing cells to regain insulin and glucose sensitivity.



As the fasting period extends and the body shifts from using glucose for energy to burning stored fats, this metabolic switch triggers a cellular process that breaks down and removes damaged cells and components, consequently encouraging cellular repair and rejuvenation.

These hormonal shifts play a pivotal role in optimising body composition and energy utilisation.

CHAPTER I

Making Intermittent Fasting Work

Intermittent Fasting should be viewed as a long-term lifestyle choice rather than a crash diet. Otherwise, it is likely that you will regain any weight lost if you resume your original eating habits.

It is also essential that you make healthy food choices; ensuring good nutrition is vital when fasting to ensure the body's processes are taking place efficiently and effectively.

Planning your meals is key, to make sure you are getting adequate nutrients. This is very important.

A big problem can be establishing how to make it work for you; factoring in your work and family life, exercise schedule and health priorities and goals.

Thus, I have simplified your choices and have focused on one specific approach to Intermittent Fasting that I consider the most straightforward and easy to implement into your lifestyle.

The Daily 16:8 Approach

After all, if it isn't a simple concept, you are unlikely to succeed in your desire to incorporate this new way of eating!



CHAPTER I

The Types of Intermittent Fasting

The Daily Approach

This approach is commonly referred to as the "16:8" or "Time Restricted Eating".

The simple concept is to aim to fast every day for 16–18 hours a day and only consume your food in the remaining window of 6–8 hours.

For example, if you eat your evening meal at 6:00pm and you have finished by 7pm, then you would not eat your next meal until at least 1:00pm the following day, allowing an 18 hour fast in between. In this way, you are effectively skipping breakfast.

Alternatively, eat your first meal (breakfast) at 8:00am and a late lunch by 4:00pm and then effectively skip dinner until the following morning's breakfast at 8:00am

One of the benefits of this approach is that, by sticking to specific "eating windows" it is easy to maintain and fit into your lifestyle.

The Weekly Approach

This approach suggests that you eat normally five days a week and diet two, preferably consecutive, days a week, reducing your calorie intake for those two days to a ¼ of their normal level (500 calories for women, 600 for men).

As long as you avoid bingeing for five days and starving for the other two, evidence suggests this can be effective as part of a longer-term weight management strategy.



Alternate Day Fasting

As its name implies, this plan involves alternating "fast" and "feast" days. Fasting days consist of a single 500-calorie meal at lunchtime. People do not have to restrict what, when, and how much they eat on feasting days.

Other alternate day fasting plans involve completely abstaining from food every other day.

CHAPTER 2

Getting Started

At the outset, transitioning from eating "on demand" to restricting your intake of food can feel very difficult, but I can assure you that after a few days, you and your body will quickly become accustomed to this new way of eating, and you will begin to feel the benefits very soon after.

Initially you may find that not satisfying your expectation of food, for example first thing in the morning, may leave you feeling tired and even in a bad mood. Once your mindset is adjusted and you no longer have the expectation, your retrained body (and brain) will naturally adjust and leave you feeling energised and invigorated. Trust me, this happened to me!



Set Achievable Goals

Before beginning IF, it's crucial to define realistic and achievable goals. Whether aiming for weight loss, improved metabolic health, or enhanced energy levels, setting specific, measurable, and realistic goals lays the foundation for success.



Understand Realistic Timelines

IF isn't a quick-fix solution; it's a lifestyle change that requires patience. Exploring the realistic timeline for results helps manage expectations. Results may vary between individuals but consistency over time is key to achieving your desired outcome as it encourages a sustainable approach to intermittent fasting

Avoid embarking on a "crash diet" from day 1!
Instead, over the first week, start with a shorter fasting period of 12 hours and work your way up to 16 hours

CHAPTER 2

Who Shouldn't Fast

- People who are underweight; restricting calories may result in further weight loss
- Children; their nutrient and energy requirements are different to adults and fasting may not allow a child to thrive
- Pregnant or breastfeeding mothers; pregnancy is a time to ensure good nutrients and adequate calories for a growing baby
- If you have an eating disorder, this is not for you. Even if you have struggled with an eating disorder in the past, you may find adopting an eating pattern that restricts food could trigger a relapse
- If you're recovering from surgery. Restricting nutrient intake and energy production may impair healing and repair after surgery
- If you are feeling unwell or have a fever; it is important to listen to your body and avoid fasting if your body is not in optimal health
- If you are taking any prescribed medications, Type 1 diabetics and diabetics on insulin; it is essential to consult with your GP before embarking on any weight loss programme.



CHAPTER 2

What to Consider

Intermittent Fasting is as much about ensuring your health as it is about weight loss. With restricted eating, it is crucial to choose foods that are nutrient-dense to nourish your body.

- Fasting involves the breakdown and removal of toxins and waste products and also allows your body to heal and repair. These processes all require adequate nutrients to ensure efficiency. Eating a nutritious balanced diet will provide these nutrients and also ensure you feel full and satiated, as your body will not crave these nutrients in their absence.
- It is important to consider whether or not Intermittent Fasting is feasible within your lifestyle. For example; fasting stresses the body, so it may not be beneficial if you are already facing significant stressors.
- If you have a lot of special occasions and social or work gatherings that involve eating out and big meals, Intermittent Fasting may impact your social or work life if you choose to avoid these activities.
- If you are training for endurance events or intense exercise, Intermittent Fasting may affect performance if you are competing or participating at these higher levels on fast days.
- Intermittent Fasting is not a magic pill when it comes to weight loss. Restricted eating will not counteract choices that are high in processed foods and refined sugars. Be realistic; you will not lose weight if you skip breakfast and then eat 4,000 calories of fast food for lunch and dinner!



CHAPTER 2

Before you begin....

Monitoring your progress can help to keep you motivated and achieving your goals will be your best inspiration!

Take photos: full body - this will help you track any changes in physique achieved as a result of weight loss and a generally more healthy lifestyle

Weigh yourself - although not a definitive guide, a reduction on the scales will also provide motivation

Take your waist measurement (at the narrowest part) and hip measurement (at the widest part) and calculate your waist-to-hip ratio, by dividing your waist circumference by your hip measurement.

Men Male Waist-to-Hip Ratio Health Risk

0.95 or below... Low risk

0.96-1.0... Moderate risk

1.0+... High risk

Female Waist-to-Hip Ratio Health Risk

0.80 or below... Low risk

0.81-0.85... Moderate risk

0.85+... High risk

Over time, you will be able to track the changes and then consider if this approach is for you!



CHAPTER 2

How to Start

To start with, simply increase the gap between dinner and breakfast, slowly and gradually. If you're not hungry, skip breakfast altogether; going from dinner to lunch works best.

Consider the ideal ratio of 16:8 hours that works for you. This means you'd be eating nutrient-dense meals within the eight-hour window. Typically, this would be from midday until eight o'clock at night or 10 o'clock in the morning until 6 o'clock in the evening. Spread this period over two meals and then fast until the following day.

Repeat this routine at least two to three times per week. If you feel hungry any time outside of the eight-hour window, distract yourself with an activity or task so that you're not so aware of the hunger pangs. Gradually increase the number of days you fast if desired.

If you're opting for the weekly approach, do not fast for longer than three days in a row to avoid a significant reduction in your metabolism and to protect against muscle loss.

If you've sustained this approach on a long-term basis, including a cheat day every now and again is not a problem! Remember this is not a diet, it's a new way of eating most of the time and you have not failed or fallen off the wagon if you didn't stick to your eating window on one-off days

Simply resume the following day!



CHAPTER 3

Tips for Success and Troubleshooting

Can I have milk with my morning tea or coffee?

No! If you're sticking to a strict fasting regimen, only water, plain tea, or black coffee without any additives are allowed during fasting periods. Adding milk, even in small quantities, technically breaks the fasting state to some extent, as it introduces calories and potentially impacts insulin levels. If the primary goal of your intermittent fasting is to maximize the fasting benefits, it might be advisable to avoid milk in tea or coffee during fasting periods.

Will I feel hungry or fatigued?

At the outset, you may find that your body is not used to not eating "on demand" or in smaller quantities, so it is important to set aside time to plan and prep meals in advance, to ensure that the quality of your meals is good to sustain you until the next time you eat.

You may find adapting to fasting periods might induce hunger or fatigue, but the body often adjusts within a few weeks. Strategies like staying hydrated, consuming balanced meals, and gradually extending fasting durations can help manage these concerns.

Will fasting slow down my metabolism?

Short-term fasting periods typically do not have a significant impact on metabolic rate. In fact, as mentioned before, some research suggests that IF may support metabolic health by improving insulin sensitivity.

CHAPTER 3

Tips for Success and Troubleshooting

Can I still exercise whilst fasting?

Once you are used to this new way of eating, probably after around 10 days, your energy levels should revert to similar levels to those before embarking on this restricted eating plan. It may help to ensure that you finish your exercise session around 1 hour before your mealtime.

Will IF lead to muscle loss?

When practiced correctly, IF does not necessarily result in muscle wasting. Adequate protein intake during eating windows, combined with resistance training, helps preserve muscle mass.

Will I become nutrient deficient due to restricted eating windows?

IF encourages nutrient-dense meals during the eating period, so you ensure essential nutrients within a condensed timeframe. See recipe section for meal inspiration.

Will I eat too much during my eating window?

It is not uncommon to eat a little more at mealtimes at the outset. However, as long as binge eating is avoided, this extra quantity is unlikely to have a negative effect when considered as part of a whole day's lower intake. Over time, it is not uncommon to intuitively eat normally or even less, as you become used to eating good balanced food and less often.

CHAPTER 3

Tips for Success and Troubleshooting

Can I use IF to maintain my weight?

Intermittent fasting has been shown to provide many health benefits as well as weight loss, so if you are comfortable with this eating approach, you can certainly continue indefinitely. You can consider increasing your quantities (or calories) as well as decreasing the number of days you fast each week.

Are there risks to my health?

There's apprehension about potential risks, especially for specific people like pregnant women, individuals with diabetes, or those with eating disorders. While IF may not be suitable for everyone, consulting with a healthcare professional before starting is crucial to address individual health concerns.

It is important to understand that IF is not a one-size-fits-all approach.

Practice IF safely, tailor it to your specific needs, and prioritise nutrient-dense meals during eating windows to mitigate potential risks and misconceptions associated with this way of eating.

CHAPTER 3

The pitfalls to look out for

You're not eating enough during the eating window

If you continue to restrict your food intake at mealtimes, your body will receive the wrong message and go into starvation mode. By eating healthy balanced meals at mealtimes, the body will learn to adjust its recognition of fullness, helping you to sustain this way of eating on a long term basis.

You're dehydrated

If you're restricting your food intake this doesn't mean you should neglect to drink enough water throughout the day. As part of the fasting process, the body will break down and detoxify waste products and drinking plenty of water will help to flush these toxins from the body efficiently, thus also avoiding symptoms such as headaches and lethargy.

You become obsessed

Whilst embarking on an Intermittent Fasting way of eating may require more thought and attention at the outset, ideally this should also develop into a more intuitive way of eating. In other words, you will know how much to eat at mealtimes and your body will register fullness and satiation.

You've adopted an extreme approach to restricting food windows, minimal calories & over-exercise at the same time

If you start a punishing exercise routine, as well as restricting the times you can eat and then further restricting the calories during that meal, your body will be subjected to multiple "stressors" and you are likely to burn out very quickly. Ease yourself gradually into this new way of eating and lifestyle.

CHAPTER 2

Exercise During Fasting

Factoring in a daily brisk walk will help to speed up your metabolism and maintain muscle mass.

It is important to consider that exercise needs fuel in the form of food, so if you're including more intense workouts whilst Intermittent Fasting, you will need to ensure you structure your exercising so that it fits with your eating habits.

Essentially you will still need to focus on the timing of your meal, but the food choices may differ according to how intense you will be exercising or working out.

If you've been fasting, consider a lower-intensity workout; you should be able to carry on a conversation easily.

Save your higher-intensity workouts until after you've eaten and perhaps include more carbohydrates in your meal if you are planning a tougher workout.

Pay attention to how you feel during exercise. If you experience dizziness, lightheadedness, or extreme fatigue, it might be a sign to ease off or consider adjusting your exercise routine or fasting schedule.



Post-Workout Nutrition:

After exercising, prioritise nutrient-rich meals to aid in muscle recovery and replenish energy stores, especially if your workout coincides with your eating window.

CHAPTER 4

Meal Planning and Nutrition Basics

Balanced nutrition is crucial during intermittent fasting. The importance of quality proteins, healthy fats, complex carbohydrates as well as vitamins and minerals cannot be overlooked. Choose nutrient-dense foods to support your overall health and well-being while fasting.

Focusing on nutrient-dense, whole foods, including lean proteins, vegetables, fruits, whole grains, and healthy fats during eating windows, helps maximize the benefits of intermittent fasting, while supporting overall health and well-being.



CHAPTER 4

Fast Smart to Ensure Success

- Include at least two to three portions of vegetables with each meal and aim to ensure these make up at least half your plate.
- Limit your fruit portions per day to a max of 2 or 3.
- Include protein with every meal – this means meat, chicken, fish, eggs, cheese, pulses. This should make up at least 1/4 of your plate. Ensuring your meals are protein-rich to help you stay full and avoid cravings.
- Steer clear of fizzy drinks and fruit juices and instead opt for water, energising herbal teas or refreshing green teas. Aim to drink more water than usual during the fasting period, to stay hydrated and it will also help you to feel full.
- Include more healthy fats in your diet. Foods such as olive oil, butter, avocado, nuts and seeds are a great place to start. If you're choosing a nut butter, pick one that is minimally processed and without any additions.
- Limit your intake of carbohydrates such as bread, pasta, potatoes and rice as well as sugary foods like cakes, biscuits, sweets, chocolates and desserts.
- In an ideal world, you should completely avoid alcohol but making a significant reduction of your intake is also great and will make a big difference to you achieving success.
- If you're pushed for time, you can consider a protein shake as a healthy option and a convenient meal alternative.



CHAPTER 4

Foods to limit

During intermittent fasting, it's beneficial to be mindful of certain foods to limit or avoid during eating windows to optimise the benefits of fasting:

- **Highly Processed Foods:** Try to limit processed foods like sugary snacks, chips, and fast food. These foods often contain excessive added sugars, unhealthy fats, and artificial additives, providing little nutritional value.
- **Refined Carbohydrates:** Foods high in refined carbohydrates, like white bread, pastries, and sugary cereals, can lead to quick spikes in blood sugar levels. Choose whole grains and complex carbohydrates, like beans/pulses, and quinoa to sustain energy levels.
- **Sugary Drinks:** Sweetened drinks like soda, sweetened coffees/teas, fruit juices and even sugar-loaded smoothies can cause blood sugar imbalances that encourage cravings and contribute to increased calorie intake. Choose water, herbal teas, or black coffee during fasting periods.
- **High-Sugar Foods:** Foods with high sugar content, including candies, desserts, and some packaged snacks, should be limited due to their impact on blood sugar levels and overall calorie intake.
- **Unhealthy Fats:** Limiting trans fats and excessive saturated fats found in fried foods, processed meats, and certain packaged snacks is advisable. Opt for healthier fats like those from avocados, nuts, seeds, and olive oil.
- **Alcohol:** While intermittent fasting does not strictly prohibit alcohol, excessive consumption should be avoided due to its high-calorie content and potential impact on metabolism.

Excessive Portions: While it's essential to nourish the body during eating windows, consuming excessive portions of food may negate the benefits of fasting. Practice mindful eating and focus on balanced meals to avoid overeating.



CHAPTER 4

How to build your meals

- Aim to make up 1/2 your plate with vegetables, out of the other half, 1/4 – 2/3 should be protein and 1/4 or 1/3 carbohydrates
- Include at least 2–3 varieties of colourful vegetables with each meal
- Choose complex carbohydrate foods including wholegrain bread, brown rice, quinoa and starchy vegetables such as butternut squash, sweet potato and parsnip
- Include a maximum of 2 portions of fruit per day
- When making up a salad, try to include at least 5 varieties e.g. lettuce leaves/rocket/watercress/tomatoes/cucumber/radishes/olives/carrots/spring onions/asparagus/avocado
- Include more legumes such as chickpeas, lentils, and butter beans. These are also protein foods and good sources of fibre
- Protein foods include beef, lamb, pork, ham, chicken, turkey, duck, fish, eggs, and cheese as well as plant based options like tofu, quinoa, soy foods and legumes. Include a protein food with each more to ensure satiety.
- Try to include more oily fish such as salmon, mackerel, anchovies, sardines, herring, tuna (fresh) and pilchards. These are rich in essential anti-inflammatory fats
- Eggs and Dairy are ideal protein foods if you're looking to reduce meat e.g. cheese, milk, eggs, Cottage Cheese, Feta (Greek), yoghurt – probiotic/live.
- Nuts and Seeds are a good source of essential fats as well as protein and fibre.



CHAPTER 5

Example Eating Windows

Here's an example of how 3 different eating windows can work for you, incorporating the principles of intermittent fasting using the 16/8 method, which involves fasting for 16 hours and having an 8-hour eating window:

OPTION 1: Eating Window: 12:00 PM – 8:00 PM

12:00 PM: Brunch

Scrambled eggs with spinach and tomatoes, whole-grain toast with butter

4:00 PM: Snack

Greek yoghurt with berries

7:30 PM: Dinner

Grilled chicken breast, quinoa salad with mixed vegetables

OPTION 2: Eating Window: 11:00 AM – 7:00 PM

11:00 AM: Breakfast

Overnight oats with milk, chia seeds, and fruit

3:00 PM: Snack

Apple slices with almond butter

6:30 PM: Dinner

Baked salmon, steamed broccoli, brown rice

OPTION 3: Eating Window: 1:00 PM – 9:00 PM

1:00 PM: Lunch

Chickpea salad with mixed greens, cucumber and feta cheese

5:00 PM: Snack

Handful of mixed nuts

8:30 PM: Dinner

Chicken stir-fry with peppers and sugar snap peas, soba noodles

CHAPTER 6

8-Day Meal Plan, The May Way

Allow Intermittent Fasting to simplify your routines!

Having a regular routine, with strict eating times, can simplify your day-to-day life, especially if you're feeling good for it.

As you are not preparing several meals and snacks, you only need to focus on the 2 meals you are likely to eat in one day. If carefully considered, these can also work for the whole family.

Although it can be difficult to establish a new way of eating in conjunction with family or work commitments at the outset, once you've developed a plan that works, tweaking and adjusting to suit your lifestyle, it'll soon simply become the way you eat, in terms of timings and good quality meal choices.

Understanding your body's genuine hunger signals and not confusing them with cravings often associated with the consumption of too many processed foods, will give you a greater understanding of your body and improve your confidence to maintain healthy habits.

I've put together a 10-day meal plan to ensure your health from the outset .

Let's get you started!

RECIPES

Breakfast Recipes

Sweet Breakfast Options

**Berry Protein Pancakes**

Make pancakes using a mix of wholegrain or oat flour, protein powder (optional), milk and eggs. Top with Greek yoghurt, berries or a drizzle of pure maple syrup.

**Chia Porridge with fruit compote & Granola**

Combine 1 tbsp of chia seeds, and 2 tbsp oats with 1 cup of milk (almond, coconut, or any preferred milk). Heat the mixture over medium heat, stirring constantly, until it thickens to your desired consistency, adding more milk if necessary. Add a pinch of cinnamon, then serve it hot with toppings like fresh or dried fruits, fruit compote, granola and a drizzle of honey or maple syrup, if desired.

**Greek Yoghurt Parfait**

Layer Greek yoghurt with berries, nuts, and a drizzle of honey/maple syrup or granola for added crunch.

**Greek Yoghurt with CADA**

Coconut, Almonds, Dates, Apple....It's deliciously fruity, crunchy, sweet and tangy all at the same time and feels like a tropical treat! Simply grate or finely chop these ingredients and combine. Serve with Greek yoghurt.

RECIPES

Breakfast Recipes

Savoury Breakfast Options

**Avocado Toast with Eggs**

Wholegrain or sourdough toast topped with mashed avocado and poached or scrambled eggs. Sprinkle with some herbs and a drizzle of chilli oil for added flavour.

**Veggie Omelette**

Whisk eggs and sauté with your choice of vegetables (spinach, tomatoes, bell peppers, mushrooms). Serve with a side of tomatoes and sourdough toast.

**Smoked Salmon and Avocado Wrap**

Wrap smoked salmon, cream cheese, avocado slices, and some greens in a wholegrain tortilla or lettuce leaves for a protein-rich breakfast.

**Tofu Scramble**

Sauté tofu with vegetables and spices (turmeric, paprika, cumin) for a flavourful and protein-packed plant-based breakfast/brunch option. Garnish with thinly sliced spring onions and fresh red chillis.

RECIPES

Lunch Recipes

Quick 5-10mins Lunch Options

**Veggie and Hummus Wrap**

Wholegrain wrap filled with hummus, sliced cucumbers, shredded carrots, spinach, and peppers.

**Mediterranean Chickpea Salad**

A mix of chickpeas, chopped cucumbers, tomatoes, red onions, feta cheese, olives, pepper, chopped parsley and a combined with olive oil and lemon juice. Season with salt & pepper.

**Grilled Chicken Salad**

Grilled/Baked chicken breast served over a bed of mixed greens, cherry tomatoes, cucumbers, avocado and a vinaigrette dressing

TIP: Leftover chicken breasts are ideal for this.

**Salad Nicoise**

Arrange cooked and cooled green beans, boiled potatoes, hard-boiled eggs, cherry tomatoes, olives, and tinned tuna on a bed of mixed greens. Drizzle with a classic vinaigrette made with olive oil, Dijon mustard, red wine vinegar, and season with salt and pepper to taste.

RECIPES

Lunch Recipes

Quick 5-10min Lunch Options



Quinoa and Lentil Tabbouleh

Combine cooked quinoa, cooked lentils, ((from ready-made pouches if preferred) finely chopped parsley, tomatoes, cucumber, red onion, and mint in a bowl. Dress the mixture with olive oil, lemon juice, salt, and pepper, tossing well to combine. Allow to chill before serving for the flavours to infuse. Serve with feta or grilled halloumi if desired.



Mixed Bean Salad with Avocado & Boiled Egg

Combine tinned beans with finely chopped red onion, and mixed peppers with a lemon vinaigrette. Top with boiled eggs and sliced avocado for an extra boost of healthy fats.



Sardine Pate

Combine 1 tin sardines (in olive oil), 1 tsp butter, 1 tsp Dijon Mustard, 2 tbsp Lemon juice, salt & pepper. Mash with the back of a fork and serve with sourdough toast, or crackers and cucumber slices

This works well with smoked mackerel too.



Airfryer Sweet Potato with Feta and Avocado

Thickly slice a sweet potato, drizzle with olive oil, season and bake in the airfryer 10mins. Top as desired; mashed avocado and feta, pan-fried Halloumi & asparagus, avocado and poached egg. Simply consider the sweet potato instead of toast. Finish off with a sprinkle of toasted seeds for added texture and chilli oil for an extra kick.

RECIPES

Dinner Recipes

Hearty & Nutritious Dinner Options

**Homemade Chicken Fajitas**

Yes, homemade!! Absolutely no need to buy a shop-bought spice mix when the marinade for these healthy chicken fajitas is this easy and tasty! A perfect midweek meal that you can prepare ahead and put together so easily when you're ready to eat.

[CLICK HERE FOR RECIPE](#)

**Creamy Italian Chicken**

Serve this creamy Italian chicken dish with some green vegetables, like broccoli or green beans and rice (preferably wholegrain) or roasted/mashed potatoes for the whole family.

[CLICK FOR FULL RECIPE](#)

**Coconutty Fish Curry**

This easy and flavourful super quick coconutty fish curry combines the creaminess of coconut milk with aromatic spices, for a delicious and satisfying midweek fish meal that the whole family can enjoy.

[CLICK HERE FOR RECIPE](#)

**Vegan Bolognese**

This rich vegan Bolognese recipe is incredibly flavoursome and provides plenty of plant-based protein, fibre and nutrients. It's simple to make from scratch and a perfect recipe to make ahead.

[CLICK HERE FOR RECIPE](#)

RECIPES

Dinner Recipes

Hearty & Nutritious Dinner Options

**Healthy Meatballs in a Rich Tomato Sauce**

This delicious family classic has had a healthy makeover! The recipe uses lean beef mince and the sauce is naturally sweetened with sweet red peppers. Served with pasta, this high protein dish is hearty, comfort food at its best and a guaranteed crowd-pleaser

[CLICK HERE FOR RECIPE](#)

**Easy Thai Chicken Curry**

This curry is just as tasty eaten immediately rather than made in advance. As always, I like to include plenty of veggies. For a delicious vegan/ vegetarian alternative, the recipe can easily be made without meat or it can be served with grilled chicken on the side.

[CLICK FOR FULL RECIPE](#)

**Wild Mushroom Risotto**

You'll love this recipe; it's easy to make from scratch and serve in no time. Wild mushroom risotto doesn't mean you have to go out foraging; I love to combine fresh mushrooms with an earthy full-flavoured mix of dried mushrooms. T

[CLICK HERE FOR RECIPE](#)

**Vegetarian Moussaka with Lentil & Aubergine**

This delicious vegetarian moussaka made with lentils and aubergines is incredibly easy to put together and is a perfect prep-ahead meal to serve as a midweek family meal but also impressive if you're entertaining friends.

[CLICK HERE FOR RECIPE](#)

AN EASY ACHIEVABLE APPROACH TO HEALTHY LIVING

TheMayWay

It's a journey to KNOWLEDGE, JOY AND EMPOWERMENT



Please do not hesitate to get in touch
with any queries whatsoever:
may@simpkin.com

Let me help you stay inspired and motivated
with your health goals.

FOLLOW ME ON SOCIAL MEDIA:



MaySimpkinNutrition



May Simpkin Nutrition

www.maysimpkin.com